

Research and Reviews: Journal of Medical and Health Sciences

Cognitive Control: The Role of Emotional Feelings

Aruna G*

Department of Pharmacology, St. Peter's Institute of Pharmaceutical Sciences, Warangal, Telangana, India

Commentary

Received: 14/01/2015
Revised: 15/02/2015
Accepted: 21/02/2015

*For Correspondence

Department of Pharmacology,
St. Peter's Institute of
Pharmaceutical Sciences,
Warangal, Telangana, India, E-
mail: aruna.g2148@gmail.com

Keywords: Cognitive control,
Behaviour, Metacognition,
Depression

ABSTRACT

The effect of cognitive control is generally simple to distinguish. Cognitive control is a build from contemporary cognitive neuroscience that alludes to methodologies that permit data preparing and behaviour to change adaptively from minute to minute relying upon current objectives, instead of staying unbending and firm.

COMMENTARY

Cognitive control techniques incorporate an expansive class of mental operations including objective or connection representation and maintenance, and key methods, for example, attention allocation and stimulus-response mapping [1-6]. Cognitive control is connected with an extensive variety of procedures and is not confined to a specific cognitive area. Case in point, the presence of impairments in cognitive control functions may be associated with specific deficits in attention, memory, language comprehension and emotional processing [7-12].

Looking at specific sentiments then, anxiety of getting the opportunity to be fretful is joined with frenzy issue, agoraphobia and other nervousness issue [13-15]. Fear of embarrassment and negative appraisal are focus explanations behind caution in social apprehension provoking the evading of circumstances that could incite unfavorable appraisals [16,17]. Trepidation of bitterness has been perceived in a scope of scatters. Shirking of inconvenience has been associated with confounded distress, and late affirmation suggests that individuals with marginal identity issue battle with enduring trouble [18,19].

The young people are the critical portion of society and the individuals who create reprobate conduct turn into a danger to themselves and society; there is have to comprehend the component working behind the reprobate conduct. The examination to investigate the distinctions of feelings and their elucidation is rare thusly, Riffat Ali et al. [20] Done the examination which is intended to distinguish the particular consideration and acknowledgment designs in delinquents contrast with non-delinquents.

The Theory of Musical Equilibration expresses that music itself does not pass on feelings: rather, it communicates methodologies of will that the audience can relate to. It is not until the recognizable proof happens that these techniques of will tackle a passionate character. This thought is exhibited utilizing a

mixed bag of distinctive harmonies and symphonious structures. To give one sample, a minor harmony does not impart any distress all by itself: rather, it moves the audience to relate to the message, "No more." The flow at which the harmony is played convey the message as something which is seen as pitiful (when played piano) or furious (when played strong point) [21].

Non-self-destructive Self-harm (NSSI) alludes to the immediate, planned, and socially inadmissible annihilation of one's body tissue without cognizant self-destructive aim. Basic NSSI acts incorporate cutting toward oneself, smoldering, gnawing, scratching, and hitting toward oneself. The feeling regulation capacity still couldn't completely clarify why individuals particularly pick NSSI instead of different less damaging and more proper practices. To mostly address this inquiry, Nock proposed a "Sober minded Hypothesis" in 2009. As indicated by this theory Jia-ning Y et al. [22] led a subsequent study with auxiliary school understudies. We utilized Generalized Estimating Equation (GEE) to analyze the impacts of negative enthusiastic encounters (wretchedness and dissociative experience) and behavioral impulsivity on later engagement in NSSI, and in addition the directing impact and behavioral impulsivity [23-26].

The rise of Metacognition as a critical idea in mental instruction and cognitive sciences prompted numerous looks into in this field [27-29]. The consequences of different studies demonstrated that the contrast between individuals when all is said in done and between the understudies particularly does not generally lie in their distinctive discernment, but rather, there are additionally different elements bringing about their diverse exhibitions, one of which is Metacognition [30].

Memory problems are common in everyday life of patients with acquired brain injury (ABI). Some patients with ABI also have problems with self-monitoring/awareness [31]. Pereira H et al. also aimed to develop methodologies to obtain valid and updated data on psychosocial indicators of happiness and subjective well-being among the Portuguese population [32]. Using a community sample of New York City residents interviewed 1 and 2 years after the World Trade Center Disaster (WTC), Richard E. Adams et al. estimated several logistic regression equations to assess predictors of volunteerism and the relationship between volunteerism and later well-being [33].

The population of the world is aging rapidly, because of increasing life expectancy and falling birth rates This age is also more prone to have chronic diseases and hence there is a need to ensure that the health and social support to these individuals is available [34-37]. Mental illness represents an important public health problem. Local-level data concerning mental illness in different populations provides the evidence-base for public health authorities to plan, implement and evaluate control programs [38-41].

The effect of aromatherapy on the human central nervous system is a controversial issue in medical sciences [42]. Here we present a hypothesis relating citrus fragrance aromatherapy with brain glucose homeostasis in Major Depressive Disorder [43-45]. How to conciliate the correlation between depression and resistance to insulin with the fact that glucose transport to neurons is not made directly by insulin? Maria et al. briefly discuss the mechanism of dynamical glucose balance in the brain, which includes lactate transport from astrocytes to neuronal mitochondria supporting ATP (and then cAMP) production [46,47]. They hypothesize that odors like vanillin and citrus fragrances fool the brain's glucose level sensors, reducing the subjective feeling of "low energy". This hypothesis can help to explain the surprisingly positive results found in the treatment of depression with aromatherapy [48-50].

REFERENCES

1. David Tzuriel. Cognitive Modifiability and Ego Identity among Adolescents. *J Psychol Psychother.* 2014; 4:147.
2. Sagar Karia et al. Psychological Morbidity in Vitiligo-A Case Control Study. *Pigmentary Disorders.* 2015; 1:170.

3. FelixMartin Werner and Rafael Coventildeas. Treatment of Psychotic Symptoms in Parkinson's Disease. *J Cytol Histol*. 2015; 6:e115.
4. Sighart Golf. Biochemistry and Psychology of Chess and Classical Physical Exercise: Concurring or Conflicting Evidence?. *J Sports Med Doping Stud*. 2015; 5:158.
5. Diego Cohen and Ricardo Corral. Can Research Confirm Psychopathological Subtypes and Relationship between Recurrent Mood Disorders and Personality Disorders?. *J Sleep Disord Ther*. 2015; 4:195.
6. May J, Sadigh P et al. Penile Replantation in an Acutely Psychotic Patient. *Anat Physiol*. 2014; 5:170.
7. Florence Thibaut and Michel Bourin. Precision Medicine. *Int J Emerg Ment Health*. 2015; 17:e178.
8. Evan Parks. Building a Foundation for Crisis Intervention in Eastern Europe. *Int J Emerg Ment Health*. 2015; 17:172.
9. Maria Alice Ornellas Pereira and Alfredo Pereira Jr. On the Effect of Aromatherapy with Citrus Fragrance in the Therapy of Major Depressive Disorder. *J Psychol Psychother*. 2014; 5:169.
10. Gillie Gabay. Extending Psychophysics Methods to Evaluating Potential Social Anxiety Factors in Face of Terrorism. *J Psychol Psychother*. 2014; 5:167.
11. AO Busari. Antisocial Personality Disorder among Prison Inmates: The Mediating Role of Schema-Focused Therapy. *Int J Emerg Ment Health*. 2015; 17:166.
12. Bae S et al. Wearing Ergonomically Designed Core Stability Shorts Improves Cognitive Control and Affect Following Acute Aerobic Exercise. *J Ergonomics*. 2013; S2:003.
13. Muralidharan K et al. Abnormalities in Ipsilateral Silent Period in the High-Risk for Alcohol Dependence: A TMS Study. *J Addict Res Ther*. 2012; 3:129.
14. Almomani N et al. Quality of Life and Affective Health of Patients with Vitiligo. *J Sleep Disord Ther*. 2015; 4:190.
15. Kincaid BB et al. Manifestations of Anxiety? Explaining Tachycardia and Hypertension in a Patient with POTS . *Fam Med Med Sci Res*. 2015; 4:153.
16. Bagherian M et al. The Effects of Homeopathic Medicines on Reducing the Symptoms of Anxiety and Depression: Randomized, Double Blind and Placebo Controlled. *J Homeop Ayurv Med*. 2014; 3:167.
17. Williams EM et al. Stress and Depression in Relation to Functional Health Behaviors in African American Patients with Systemic Lupus Erythematosus. *Rheumatology (Sunnyvale)*. 2014; S4:005.
18. Aslam N and Kamal A. Coping Strategies as a Predictors of Psychological Distress and Post Traumatic Growth among Flood Affected Individuals. *J Alcohol Drug Depend*. 2015; 3:181.
19. Gilbert P et al. Fears of Negative Emotions in Relation to Fears of Happiness, Compassion, Alexithymia and Psychopathology in a Depressed Population: A Preliminary Study. *J Depress Anxiety*. 2014; S2:004.
20. Ezz El Din M et al. Screening for Distress in Cancer Patients: Performed by Whom?. *J Psychiatry*. 2015; 18:186.
21. Riffat Ali and Farah Malik. Selective Attention to Negative than Positive Emotions as Determinant of Delinquency in Youth in Pakistan. *Int J Sch Cong Psychol*. 2014; 2:104.
22. Willimek D and Willimek B. Why do Minor Chords Sound Sad? The Theory of Musical Equilibration and the Emotions of Chords. *J Psychol Psychother*. 2014; 4:139.
23. Nun SavaSiva AmenRa. The Amen Anti-Addiction Intervention: Theoretical Foundations of an Alternative Protocol for the Prevention and Treatment of Addiction. *Altern Integ Med*. 2014; 3:148.
24. Benedetta Bellini et al. Sudden Infant Dead: Reaction to Bereavement in Siblings and Mothers. *J Palliat Care Med*. 2013; 3:159.

25. Antonia N Kaczkurkin and Shmuel Lissek. Generalization of Conditioned Fear and Obsessive-Compulsive Traits. *J Psychol Psychother.* 2013; S7-003.
26. Nazer M et al. Evaluation of Type of Adolescents' Beliefs about Harmfulness Addictive Drugs and the Role of Education in Changing their Opinion (Health Belief Model). *J Psychol Psychother.* 2013; 3:107.
27. Alexander Jimmefors et al. Locomotion (Empowering) and Assessment (Disempowering) Self-Regulatory Dimensions as a Function of Affective Profile in High School Students. *Int J Sch Cog Psychol.* 2014; 1:103.
28. Ritchie Karen et al. COGNITO: Computerized Assessment of Information Processing. *J Psychol Psychother.* 2014; 4:136.
29. Chloe Forster et al. A Systematic Review of Potential Mechanisms of Change in Psychotherapeutic Interventions for Personality Disorder. *J Psychol Psychother* 2014; 4:133.
30. Jia-ning Y et al. Effects of Negative Emotional Experience and Behavior Impulsivity on Non-suicidal Self-injury in Adolescents: A Follow-up Study. *J Psychol Abnorm Child.* 2013; 1:103.
31. Harandi V et al. The Effect of Metacognitive Strategy Training on Social Skills and Problem - Solving Performance. *J Psychol Psychother.* 2013; 3:121.
32. Tropp M et al. Self-ratings of Everyday Memory Problems in Patients with Acquired Brain Injury - A Tool for Rehabilitation. *Int J Phys Med Rehabil.* 2015; 3:258.
33. Pereira H et al. Measuring Happiness in Portuguese Adults: Validation of the CHQ - Covilha Happiness Questionnaire. *J Psychol Psychother.* 2015; 5:168.
34. Richard EA and Joseph AB. Volunteerism and Well-Being in the Context of the World Trade Center Terrorist Attacks. *International Journal of Emergency Mental Health and Human Resilience.* 2015; 17:274-282.
35. Reji Mohan et al. Neuropsychological Profile, Quality of Life and Associated Psychiatric Symptoms in Patients with Essential Tremor. *J Psychol Psychother.* 2014; 4:152.
36. Shashidhar Acharya et al. Development and Validation of a Socio-Dental Impact Locus of Control (SILOC) Scale. *J Psychol Psychother.* 2014; 4:151.
37. Khurshid A Khurshid. Paradoxical Therapy- The Use of Client Based Strengths to Alleviate Distress and Empower them. *J Psychol Psychother.* 2014; 4:149.
38. Foojan Zeine. Awareness Integration: A New Therapeutic Model. *Int J Emerg Ment Health.* 2014;16:111.
39. Al Atram AR. Prevalence of Psychiatric Disorders in a Sample of Elderly Residents in Rural and Urban Population of Zulfi Region - Saudi Arabia. *J Psychol Psychother.* 2015; 5:170.
40. Lauritzen C and Reedtz C. Translating Knowledge about Parental Mental Illness to the Field of Practice. *J Gen Practice.* 2014; 2:176.
41. Pettersen H et al. Searching for Sobriety: How Persons with Severe Mental Illness Experience Abstaining from Substance Use. *J Addict Res Ther.* 2014; 5:193.
42. Armiyau AY. A Review of Stigma and Mental Illness in Nigeria. *J Clin Case Rep.* 2015; 5:488.
43. Myung-Haeng H and Ji-Ah S. Systematic review of aromatherapy on the stress reduction of healthy adults. *International Conference on Nursing & Emergency Medicine.* 2013; 2:3.
44. Mona Adel Mohamed and Ali Sibtain Farooq Sheikh. Magnetic Resonance Spectroscopy in Major Depressive Disorder. *International Journal of Emergency Mental Health and Human Resilience.* 2014; 17:167-187.
45. Gao K et al. Differential Associations of the Number of Comorbid Conditions and the Severity of Depression and Anxiety with Self-Reported Suicidal Ideation and Attempt in Major Depressive Disorder and Bipolar Disorder. *J Depress Anxiety.* 2015; 4:173.
46. Bentley WE et al. Ketamine: An Update for Its Use in Complex Regional Pain Syndrome and Major Depressive Disorder. *Clin Exp Pharmacol.* 2015; 5:169.

47. Maria AOP and Alfredo PJr. On the Effect of Aromatherapy with Citrus Fragrance in the Therapy of Major Depressive Disorder. *J Psychol Psychother.* 2015; 5:169.
48. Almomani N et al. Quality of Life and Affective Health of Patients with Vitiligo. *J Sleep Disord Ther.* 2015; 4:190.
49. Abboud H and Nawfal GL. Unusual MRI Findings for a Drug Resistant Depression. *J Clin Case Rep.* 2014; 4:468.
50. Bagherian M et al. The Effects of Homeopathic Medicines on Reducing the Symptoms of Anxiety and Depression: Randomized, Double Blind and Placebo Controlled. *J Homeop Ayurv Med.* 2014; 3:167.